

Dear **[Insert MP Name]**,

**RE: Vaping has been a lifeline for me and millions of former smokers across the country**

I am writing to you as a concerned constituent who has experienced firsthand the benefits of vaping as an alternative to smoking. Like many others, I struggled for years to quit smoking and vaping was the breakthrough that finally helped me kick the habit.

I understand the government is considering new regulations which will hurt smokers turned vapers like me. While I appreciate the need for responsible regulation, I am deeply worried that overly restrictive policies could unintentionally push former smokers like me back to cigarettes or to unregulated and potentially unsafe black-market products.

For me, vaping has been more than just a replacement - it has been a lifeline. **Insert your personal experience – you may want to cover:**

- **When you started smoking and how long you smoked for**
- **Whether you've tried any other quit methods before vaping**
- **Your motivation for quitting**
- **How vaping helped you kick the habit and its impact on your life**

I know that vaping isn't risk-free, but I also know that it is 95% less harmful than smoking. Please, on my behalf and for all the current and former smokers in your constituency, don't let the government regulate these products to a point where people don't know they exist and how they can help them quit.

They are the best tool the UK has to help smokers quit and this isn't an opportunity we can afford to miss.

Best wishes,

**[Insert your name]**